



PRIFYSGOL
BANGOR
UNIVERSITY

Disability Services Newsletter

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Bangor.

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September 2019 - Issue 52

New students - Your arrival weekend at Bangor - Saturday 14 September / Sunday 15 September



Welcome to Bangor!

The new academic year is nearly here and you'll soon be on your way to Bangor! You will be receiving plenty of information about Welcome Week activities from your School and the Students' Union - make sure to take every chance to join in with what you want to, but also get some relaxation when you can before the start of term.

Those of you who have booked rooms in the Halls of Residence will be arriving on Saturday 14 or Sunday 15 September. The Halls staff, wardens and peer guides will be ready to help you with settling in and can assist with all your general enquiries.

Come and meet the Advisers!

If you would like a chat with one of the **Advisers**, they will be available in Ffriddoedd Village from 2pm - 6.00pm on **Saturday** and 10am - 2pm on **Sunday**. Please drop in to see us in **Alaw common room**, <https://www.bangor.ac.uk/campusmap> or contact us by Thursday 12 September if you would like to book a specific appointment.

If you don't manage to see us over that weekend, or if you are not going to be living in Halls, please register with us so that we can start to get to know you and write your PLSP.

✉ disabilityservice@bangor.ac.uk or ☎ Gemma / Tracey on 01248 383620 or 382032.

All the best from Esther, Ruth, Steph, Fiona and Cheryl.

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Who are we?

Head of Disability Services

Carolyn Donaldson-Hughes



MEd, ACE (Visual Impairment), CertEd,

Head of Disability Services, Student Services.

Carolyn has overall responsibility for the strategic development and operations of Disability Services. She also has responsibility for policy development in relation to the inclusive provision for disabled students across the University. Carolyn has over 30 years' experience of working in Learning Support in Further and Higher Education. She co-ordinated an Outreach Learning Support Service across the Midlands before joining the University 19 years ago.

Admin Team

Tracey Morris

NVQ Level 3 in Business and Administration

Administrator

Tracey joined the team at the end of November 2005; before this she worked in a busy Solicitors' office. Tracey aims to give an efficient and friendly service to all students whom she meets.



Gemma Watts

Administrative Assistant

BA



Gemma joined the team in July 2017 and before this worked at a residential training centre for the Emergency Services. Gemma will be the first point of contact for students contacting Disability Services and is based in Reception, Lower Ground floor of Rathbone.

Disability Advisers

Esther Griffiths

BA Econ, PG Dip, CACDP (BSL Level 1)

Senior Disability Adviser

Esther joined the team as a Disability Adviser in August 2010. Esther has worked in disability provision in Higher Education for almost 22 years and has worked at Manchester University as well as previously at Bangor in a number of roles, including managing the Access Centre.



Esther has line management responsibility for the Disability Advisers, Mentoring Scheme and the Support Workers Scheme.

Ruth Coppel



MA S.E.N, PG Dip ABA, BSc
Disability Adviser

Ruth joined the team in September 2014 as a Disability Adviser. Ruth has a Master's degree in Special Educational Needs and has worked within the field of disability for over 19 years in a variety of sectors. She was previously a DSA Study Needs Assessor at Bangor University Access Centre, working there since 2008. Ruth also has a background in Autistic Spectrum Disorders and Applied Behaviour Analysis as well as care for young people with life limiting conditions.

Stephanie Horne

MSc, BSc (Hons)

Disability Adviser

Steph joined the team in November 2015 as a Disability Adviser. Steph started working at Bangor University as a Researcher in the Centre of Cognitive Neuroscience in the Psychology department. She has since worked in disability-related roles for 17 years. During this time her roles have included DSA Study Needs Assessor, working in a DSA equipment supply service, Assistive Technology trainer and Access Centre Manager.



Mental Health Advisers

Fiona Rickard



BSc, RMN

Mental Health Adviser

Fiona joined the team in October 2004 and her primary responsibility is as a Mental Health Adviser. Fiona studied Social Sciences at Bradford University. She then worked as a Community Service Volunteer and as a Nursing Assistant before training to be a Psychiatric Nurse. As a Community Psychiatric Nurse she has had experience working with different Mental Health Teams in Yorkshire and North Wales.

Cheryl Parkinson

MSc, BSc, RMN, PGCE, PGDip Professional Development, DipCBT
Mental Health Adviser

Cheryl joined the team as a Mental Health Adviser in November 2011. Cheryl has worked across the health and social care sectors in Manchester and Wales for over 28 years - training as a Registered Mental Health Nurse in 1988. Cheryl became involved in the education sector in 2007 and has experience of lecturing at HE and FE levels.



Dyslexia Team

Jane Jones



PhD, MA, PGCert HE, ATS BDA, BA
SpLD Manager

Jane joined the Dyslexia Service in February 2013. Prior to this she studied at Bangor University, before going on to lecture at both Chester University and Aberystwyth University. During this time Jane also held the administrative roles of Disability Link Tutor, Mitigating Circumstances Exam Support and Year Tutor providing pastoral support to students. Jane's primary responsibility is to manage the SpLD service provision within Disability Services.

Andrea Reynolds

PhD. Psychology
SpLD Adviser

Andrea joined the Dyslexia Team in August 2015. She has several years' research experience focusing on dyslexia in adults as well as experience in providing learning support in higher education. In her role as SpLD Adviser, she provides support and advice to students as well as helping them to develop appropriate learning strategies to accomplish their academic goals.



Rafaela Williams



AMBDA, 9485, PGCE, BA
SpLD Adviser

Rafaela has worked in adult, further and higher education for over 24 years as a literacy/SpLD tutor, social sciences lecturer and curriculum manager. As a teacher and SpLD Adviser, Rafaela enjoys working with adults to overcome barriers and reach their potential.

Rhian Graham

M.A., B.A., PGCE, CQSW, CFPS. (Language Diff.), Dip. in Theology (Welsh). Reg. with GPTI. and UKCP.
SpLD Tutor

Rhian has worked at the University for twelve years and over the last nine years, she has gained varied and extensive experience of working as a SpLD tutor in both English and Welsh. Rhian aims to work in a collaborative way with students and the focus of the work can discover and facilitate individual learning strategies, develop appropriate academic skills and improve self-confidence and resilience.



Fiona Zinovieff



PhD, BA, BDA APS
SpLD Tutor

Fiona has worked with Bangor students who have dyslexia and other SpLDs for over 23 years, helping them to find strategies to unlock their learning potential and the confidence to fulfil their potential by using them.

Non Medical Help Co-ordinator

Christine Roberts



Christine joined the team in September 2017 as a Non-Medical Help Co-ordinator. Christine started working at Bangor University in October 2002 providing Admin support within IT Services. She has since worked very hard over the past 16 years, gaining several promotions. During this time, her roles have included Access Centre Administrator, Assessment Centre Administrator and coordinating DSAkit & ECDL (European Computer Driving Licence).

Bangor Access Centre Staff

Dylan Griffiths

PhD, MMath(Hons), CACDP (BSL Level 1), PGCert HE, AMBDA
Access Centre Manager

Dylan joined the team as an SpLD tutor in 2006, and since then has worked across many support roles at Disability Services. He has been a note-taker in lectures, a mentor, the NMH coordinator and an SpLD adviser as well as screening and assessing students for SpLDs. He is now the Assessment Centre Manager, overseeing the screenings, diagnostic assessments and study needs assessments. Given his roles throughout the DSA process, Dylan can also provide advice and support for any DSA-related queries you may have.



Dylan has retained part of his SpLD tutor role, where he provides maths support for students accessing Specialist One to One Study Skills and Strategies support.

Ayeisha McGugan



BSc, PGCert
Study Needs Assessor

Ayeisha first joined the team in 2012. Working at first as a Note-taker and Specialist Mentor, she has lots of experience of supporting students and good knowledge of the courses Bangor University has to offer. She started working as a Study Needs Assessor in 2016 and can advise students and answer queries, as well as recommend appropriate support and equipment to meet student's

individual needs.

Ayeisha is still working as a Specialist Mentor, supporting students to manage their studies and meet their goals while they are here at Bangor. Having two roles within Disability Services gives Ayeisha a good overview of the DSA process and student experience.

Teresa Critchlow

Assessment Centre Administrator

Teresa is a long standing member of staff and started working at Bangor University back in September 1989 as a domestic with the Students' Union. Over the past 29 years she has worked hard and gained several promotions. During this time, her roles have included Receptionist for the Students' Union, SU Advice Centre Administrator and for the last 6 years working as part of the Student Support team as Receptionist and co-ordinating meetings and events. No stranger to Disability Services, she provided staff cover in the Assessment Centre amongst other things, making appointments for diagnostic assessments.

A fluent Welsh-speaker, Teresa is looking forward to helping students in Welsh and English.



Home Student Induction Day - Tuesday 10 September

If you are a student from the North Wales area who will be living at home during your studies and commuting to Bangor University you may be interested in attending an event especially for you.

The Home Student Induction Day is an event held on Tuesday, 10 September 2019 from 10am - 2.30pm in PJ Hall here at Bangor University.



It's an opportunity for you to meet other students who, like you, will be commuting to University, to make friends before you start your course.

During the event you will be given a presentation from a current student who'll share their experiences with you as well as short information sessions from Support Services. You will also get an opportunity to tour the Main Arts University site and see our library facilities.

You will receive further information and an invitation to the event in the Welcome Week Diary which will be sent out to you over the summer.

'Non-Resident' Students

Not living in Halls? The following information may be of use:

- ◆ It can be helpful to make arrangements to meet up again with someone you have met on the Open Day or at the Home Student Induction day on the 10th September 2019, to go to the formal welcome, your first lecture together, or to meet up either before or after for a coffee.
- ◆ A Mature Students' Room situated on the Ground Floor of Neuadd Rathbone, College Road can be used as a base when you are in the university. Please contact disabilityservice@bangor.ac.uk for the Access Code.
- ◆ Being a 'non-resident' student has advantages, such as not having to leave home, family and friends behind.
- ◆ Try to find a way to access some of the activities within the university to help you feel that you belong. If there are difficulties for you in staying on in the evenings, for example because of family commitments or distance, there may be some societies to suit you that operate in the daytime.
- ◆ It is understandable that there is a lot that you don't know. Don't be afraid to ask. There are many people here to help you, from finding a lecture room to giving money advice. The staff are all there to help you as much as to students who live in.

Information Drop-in Sessions - Wednesday 18th & Thursday 19th September

Students with SpLDs: Dyslexia, Dyspraxia, Dyscalculia, ADHD

Drop in for information on:

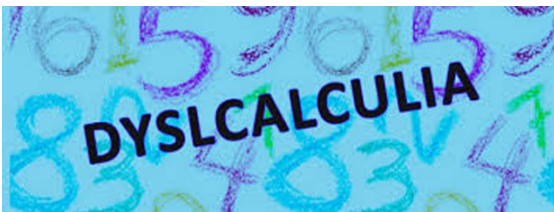
- Specialist one to one study skills & strategy support
- Find out how we can help you

When?

- Wednesday 18th September: 2 – 4 pm
- or Thursday 19th September: 2 – 4 pm

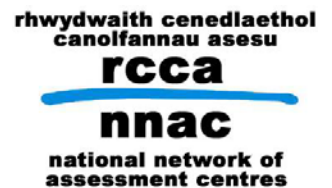
Where?

Disability Services, Rathbone Building, Lower Ground Floor



Bangor University Access Centre - Disabled Students' Allowance (DSA)

Established as the first Needs Assessment Centre in Wales, we are the only Assessment Centre based at the University. We are therefore the only centre who has an in-depth knowledge of the University's curriculum and facilities. We can also liaise directly with Disability Services to help put support into place.



I have applied for DSA, what next?

Once you have an email or letter from your funding body confirming eligibility for DSA, get in touch with us and we can book you in for a Study Needs Assessment.

What is a Study Needs Assessment?

The Study Needs Assessment (SNA) is a friendly and relaxed meeting between an accredited assessor and student. During the meeting we take a detailed look at your course, strategies and disability-related barriers to learning. During the SNA the assessor will discuss relevant support options, and demonstrate appropriate assistive technology (e.g. software). We will then be able to make specific and tailored recommendations about what the DSA can be used to fund. All of this information is compiled into the Needs Assessment Report (NAR) which will be sent to the funding body for their consideration.

Each assessor has a minimum of six years' experience of DSA support, and have all been previous students at Bangor.

What happens after the SNA appointment?

Once the Needs Assessment Report goes to the funding body, they should contact you with the support that has been agreed. If you have consented during the appointment, we will then pass on the agreement to the recommended providers so that they can arrange for the support to be delivered for you.

Where do I go for more information?

If you would like to know more about any aspect of Disabled Students Allowances, or the DSA process, please contact us at access_centre@bangor.ac.uk, ☎ 01248 388101 or call in to see us on the First Floor of Neuadd Rathbone (Student Services).

We are here to support all disabled students and can provide support and guidance throughout the whole DSA process.



Ayeisha, Assessor & Dylan,
Assessment Centre Manager.

Top Tips for Settling into University Life

1. Expect some ups and downs.

Whether this is your first time away from home or you're returning after a break, starting a new year at University means you will be facing something new and, for all of us, even positive change can be stressful.

Change can be both invigorating and disorientating. Away from familiar surroundings and support, we can find ourselves feeling daunted by tasks we would normally have coped with easily.

The first few days can be quite bewildering - with so many new faces, places and things to do. It is not at all unusual or surprising to feel lost or lonely at times in this situation.

Other students maybe feeling just the same - this is an ideal time to make friends and support each other.

2. Take care of yourself.

Friendships take time. Your new friends and peers will take a while to get to know you well enough to know what you are feeling and thinking. This means that you will have to look after yourself. You will need to think about your needs and put time and energy into making them happen.

3. Take time to reflect.

Moving to University can be a great opportunity to discover who you are and how you want to live your life. You may want to experiment with new ways of being and try new things. Just leaving home is a massively new experience for many students.

Taking time to reflect on these new experiences will help you to make up your own mind about what suits you, who you want to spend time with or what you want to get involved in.

Taking time every day to unwind and relax will help you to process and enjoy your new life.

4. Take as many opportunities as you can to find the people you like and get on with.

University is a great opportunity to make friends. There will be like-minded others with similar interests and personalities, they may be in the next room or you may need to find each other. Make use of the peer guides and other students to show you around. Joining societies and attending socials are a great way of meeting others.

Do the things you know you will enjoy, take a chance for something new and say no if you feel pressured into anything you're not comfortable with.

5. Get organised from the start.

Life at University offers you a great deal of freedom which requires you to be self-motivating and organised. You will need to think about how to divide up your time and find a personal balance that suits you and gives you time to work, play, socialise and be alone. Creating a routine and structure to your day/week is likely to be helpful.

6. Get your finances in order.

If you are in receipt of student finance you will receive one instalment per term. Your first instalment should therefore cover your living cost - rent, food, books, socialising costs until the 6th January 2020 when you'll receive your next funding instalment.

For budgeting advice visit the Money Support Unit website or into see a member of staff or email the guidance at any time.

Website: <https://www.bangor.ac.uk/student-services/moneyadvice/budgeting.php.en>

✉ moneysupport@bangor.ac.uk

☎ 01248 38 3566 / 3637

7. Remember to work.

Keeping up-to-date with your work will prevent you from getting a backlog and the stress that this creates. Remember that problems tend to grow, so take courage and tackle them as soon as they arise.

8. Remember to play.

University is a great place to socialise, have fun and follow your hobbies or sporting activities. Make the time to play and relax; it will help you to stay healthy and more productive in your work.

9. Care for your body as well as your mind.

Regular exercise, good quality sleep and healthy food will help you to get the very best from University.

If at first you have trouble getting organised for cooking, eat at the places provided. Try to avoid just having snacks. You may find that there are other people in your hall to cook with and that might help get you started. (There are also some healthy and tasty recipes on the Wellbeing website: www.bangor.ac.uk/student-services/wellbeing)

10. Don't give yourself a hard time.

Not everyone finds it easy to socialise and we all say or do things occasionally that we later regret. Remember, beating yourself up achieves nothing. Try to learn whatever lesson is there for you, then forget about it and move on!

11. Don't do ANYTHING you don't feel comfortable doing.

Whether it is spending more money than you can afford, using drugs, having sex or even just going out when you want an early night. Remember, you do not have to do anything if you don't want to.

12. Share your concerns...you won't be alone.

Bottling up problems is never helpful. Talk to someone: a friend, family member, peer guides, one of the student support teams or counselling service.

Dyslexia Team - Daily Drop-in Service

The Dyslexia Team offers a drop-in service, for students registered with the Dyslexia Team, each weekday during term time starting from **23 September 2019, 12.00 to 13.00.**

- **Monday** - specialist 1:1 support with general study skills.
- **Tuesday** - specialist 1:1 support with general study skills.
- **Wednesday** - specialist 1:1 support with general study skills.
- **Thursday** - specialist 1:1 support with general study skills through the medium of **Welsh or English.**
- **Friday** - specialist 1:1 support with general study skills **including statistics.**



Just let Gemma or Tracey know that you've come for a **drop-in session** and they will direct you to the right tutor.

Disability Adviser Drop-in Session

Where:

Disability Services, Lower Ground Floor, Neuadd Rathbone, College Road

When:

Tuesdays 12.00 - 1.00 pm, during term-time

Disability Advisers:

Ruth Coppell and Stephanie Horne

Who is it for?

Any student who has a disability-related query or needs some advice on a university related matter.

Can I book an appointment to see someone at the drop-in?

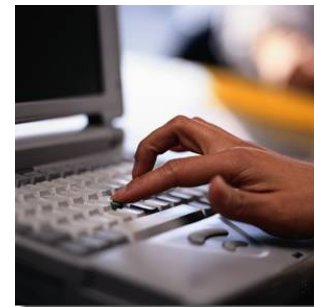
No appointment is necessary. Students will be seen on a first come first served basis. If however you would like to book an appointment to meet with an adviser at another time, please email: disabilityservice@bangor.ac.uk, or phone: 01248 383620 / 382032



Introduction to IT Services

Find out about the IT facilities you are going to need for your course!

The university will communicate important information to you via email, including: notice about changes to lecture venues; important information on examinations; reminders about non-payment of fees. **It's essential that you keep on top of your emails, right from the outset** - you may be surprised just how many you receive in your first week at university alone!



Your School may offer some sessions on managing emails during Welcome Week. If not, IT Services are running the following workshops in Room 013, Adeilad Deiniol, Deiniol Road.

No need to book, just turn up.

- **Wednesday 18 September, 2-3pm** - Intro to IT facilities for New Students
- **Wednesday 18 September, 3-4pm** - Intro to IT facilities for New Students
- **Thursday 19 September, 3-4pm** - Intro to IT facilities for New Students

Topics will include:

- Email & Internet within Bangor University
- MyBangor - Online Services
- Blackboard (Bangor University's learning environment)
- Programs available to aid your study

SensusAccess - easy document conversion

How can SensusAccess help me?

Would you like to annotate an electronic journal, or listen to a document read aloud?



Do you want to improve the accessibility of the resources you use or provide?

SensusAccess provides an easy way to convert documents into a more useable format. This service is available in English and Welsh, and can also deal with documents in many other languages.

All members of the University can use SensusAccess.

Staff can use it to create accessible copies of resources to share with students and colleagues;

Students can use it to convert documents and files into a format that suits them; e.g. it can convert a .pdf into an editable document so it can be annotated, or it can create an MP3 of a journal article which can be listened to;

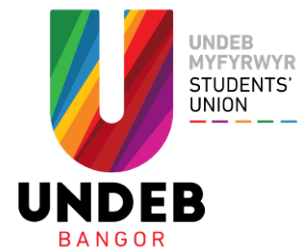
Disabled members of the University can use it to convert documents into formats suitable for them and their assistive technology.

Where do I find SensusAccess?

SensusAccess is a web based resource - you can find it on the library's website, where there are also links to support materials. <https://www.bangor.ac.uk/library/sensusaccess>

Mental Health Advice Drop In

Cheryl Parkinson and Fiona Rickard, Bangor University's Mental Health Advisers, have joined up with Bangor Students' Union to offer students a number of drop in sessions. The good news is that as part of our partnership we have been allocated a good-sized room just off the main hub and immediately next to Reception, which provides a degree of accessibility and privacy.



- **Where?** Pontio, Students' Union, Level 4
- **When?** Wednesdays 2pm-3.30pm
- **Start date:** 25 September - 18 December 2019

As the Drop in is so well attended we offer a brief chat (no longer than 15 minutes) after which we will offer you a further appointment or signpost you to other appropriate resources or services. There will be Connect Volunteers to offer support whilst you wait to see a Mental Health Adviser.

This could be for you if ...

You want to have an initial chat with a Mental Health Adviser

You want to find out about support available

You are concerned about increasing levels of anxiety / exam or study stress

You are losing sleep due to worrying

You have concerns about a friend or housemate

Student Counselling Service

The Student Counselling Service offers a variety of resources to support students during their time at the University.

- Building Resilience workshops available on a rolling programme, dealing with stress, low mood and anxiety;
- iCan workshops available to help tackle subjects relating to student life;
- Mindfulness drop-in sessions available every Tuesday morning at 11am in the Annexe Meeting Room. Neuadd Rathbone, College Road.
- Psychoeducational courses available by referral or on application;
- Group Therapy available by referral or on application;
- One to one counselling sessions also available following an assessment process by contacting the service.

For more information visit our website at:

www.bangor.ac.uk/student-services/counselling

or contact us on ☎ 01248 388520 or ✉ counselling@bangor.ac.uk



Big White Wall

People come to Big White Wall for help with a wide range of mental health and wellbeing issues - from anxiety, depression, stress and trauma, to relationship problems and lifestyle challenges.

Undeb Bangor has teamed up with Big White Wall so that all Bangor students, regardless of their location, have access to a range of help with their mental health.

Big White Wall is completely anonymous and although you are asked to log in using your Bangor University username, this is only to verify that you are a Bangor student and that you have access to the service. No one will know that you have used this service.

Accessing Big White Wall is easy, simply visit www.bigwhitewall.com and log in using your Bangor username and you have access to Big White Wall's services!

**24/7 ONLINE & ANONYMOUS
SUPPORT FOR MENTAL HEALTH**

**CEFNOGAETH IECHYD MEDDWL
24/7 AR-LEIN AC YN DDIENW**

Mae gwybod fod Big White Wall yno 24/7 yn rhoi tawelwch meddwl imi

Knowing Big White Wall is there for me 24/7 gives me peace of mind

Big White Wall®

Cewch gefnogaeth Cymryd rheolaeth Teimlo'n well
Get Support Take Control Feel Better

1-2-1 SPECIALIST STUDY SKILLS AND STRATEGY SUPPORT

For students with Specific Learning Differences

Provided all year-round, by qualified and registered specialist staff who are part of the in-house Dyslexia Team, Disability Services at Bangor University.

Welcoming staff each time you visit our frontline Reception area.



Dedicated 1-2-1 individual rooms that provide a comfortable and confidential location. Each room has 2 computer screens, a laptop and access to assistive technology, a large desk space, dimmable lighting, a variety of multi-sensory teaching aids, a whiteboard and close access to filtered drinking water.

Comfortable waiting room where students can sit on arrival and browse a variety of study strategy worksheets and other resources that are on display. These resources are available for students to take away with them as required.



Staff are skilled in supporting students to embed the use of assistive technology during their studies.

In this photograph, Dylan is demonstrating the LiveScribe Pen.

1-2-1 SPECIALIST STUDY SKILLS AND STRATEGY SUPPORT

For students with Specific Learning Differences

Welcome to the Dyslexia Team – offering specialist study skills and strategy support to students with Specific Learning Differences such as Dyslexia, Dyspraxia, Dyscalculia and ADHD.

- We offer support with maths, statistics and through the Welsh language.
- We can help you to evaluate your existing strengths and study methods and support you in areas you may find more challenging. We will introduce you to a range of strategies to enhance your learning, in areas such as:
 - **Time Management and Organisation Skills.**
 - **Numeracy.**
 - **Research and Academic Reading Skills.**
 - **Writing skills.**
 - **Presentation skills.**
 - **Revision strategies.**

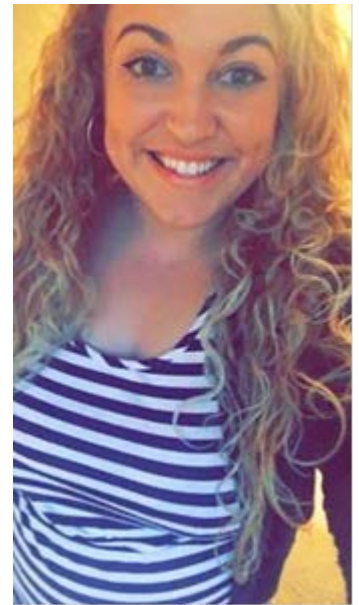


See our website for further details on study support at:
<https://www.bangor.ac.uk/student-services/disability/dyslexia.php.en>

Success Stories

Kirsty Holdsworth is a third year Adult Nursing student from the village of Rhostryfan, Caernarfon, who will be graduating in September 2019.

She has always had the ambition of becoming a nurse, and she believes in ensuring that those in need receive the best care available. She feels very privileged to be able to support patients in need of care. The training has been challenging but Kirsty always believed in herself and her ability to overcome any challenge. Her hard work has resulted in her not only successfully completing her studies, but she has also secured a position on a surgical ward at Ysbyty Gwynedd, specialising in Urology and Colorectal.



Kirsty Holdsworth

Kirsty says she is incredibly grateful for all the help she has received from the Dyslexia Team, and feels that without their support she would not have been successful in her studies and in fulfilling her ambition of becoming a nurse. She is looking forward to starting her nursing career.

Well done Kirsty, congratulations on your success!

Jan receives support from Santander Universities

Jan Lloyd-Nicholson a mature third year Psychology student has received support from Santander and spoke at the launch. In addition to her studies and parental duties, Jan is developing 'Henry's cushion' as a 'passport to communication' and educational tool that helps with the understanding of emotions without words.

She says: "The University has been extremely supportive. I have had and still do receive support from Student Services and I have a mentor. My future plans involve the development of this product. I want to set up a business and watch it grow. I am so proud of my son, who designed the cushion, the fact that it has now won three awards, and I am excited to take this product further."



Matt Hutnell, Director of Santander Universities UK with Jan Lloyd Nicholson, John Mahon and Aneta Claridge, Bangor students who have received support from Santander Universities, and Prof Graham Upton, acting Vice-Chancellor.

Santander, through its Santander Universities division, maintains partnerships with over 1,200 academic institutions in 20 countries. Santander Universities was introduced in the UK in 2007 and the bank now has partnerships with over 80 universities, providing over £10m of funding in 2018 to support university staff and students.

Student entrepreneurs at Bangor University are now able to take advantage of enhanced support from Santander Universities as the University launches the Santander Enterprise Accelerator or SEA.

[SEA](#) provides a unique opportunity for Bangor University students, and encourages those who are enterprising to use their skills and ambitions to start companies in the region.

Graduation July 2019

A student who described herself as being a 'nervous, shy and worried' youngster when she first arrived at university says that, four years later, she's leaving Bangor University as a 'confident, ambitious forester and entrepreneur ready to take on the world'.



Jemima Letts

Jemima Letts, 22, from March in Cambridgeshire, graduates from the School of Natural Sciences this week with a Bachelor of Science degree in [Forestry](#) following a busy four years that saw her overcome health problems, set up an [award-winning business](#) and land a placement at one of the UK's most well-known country estates, Chatsworth.

Summer holidays spent at her grandmother's house in Dolgellau, with its surrounding rivers and forests, gave Jemima an appreciation of the outdoors that soon became a passion that guided her towards Forestry. Being one of only a handful of universities that offer a BSc degree in Forestry, Jemima had intended to attend an Open Day at Bangor but was forced to cancel at the last minute. However, after she got in touch with the School of Natural Sciences to explain the situation, they arranged a personal visit for her and her parents, giving them a glimpse of Bangor and the surrounding area and the excellent facilities at the School.

Reflecting back on those early visits, Jemima says:

'When I came to Bangor on a visit day, I was welcomed by everyone I met. The lecturers talked to us prospective students as if we were colleagues and we were all quickly on first-name terms. The School of Natural Sciences seemed more like a family than a department and this is something I still feel to be true after four years of study.'

During her time at Bangor, Jemima made the most of the connections the School of Natural Sciences has with industry and, during her placement year, she volunteered with the International Forestry Students Association (IFSA) and got the opportunity to travel to Rome as part of IFSA's delegation to the UN's Committee on Forestry's biennial gathering. She has also travelled to the House of Commons and the House of Lords after being designated a 'young change-maker' by the Drivers for Change charity.



Jemima at the House of Lords

Jemima was also active in the University's various student societies and currently holds the record for having the highest number of [Bangor Employability Award](#) points ever awarded.

It wasn't all plain-sailing for Jemima however, as on the cusp of her placement year, she started experiencing seizures - ultimately keeping her away from her studies for a full year as she undertook hospital tests. Not one to surrender to circumstances, Jemima made the most of her time away to set up Tree Sparks, a social enterprise designed to get young people interested in forestry careers and increase their environmental awareness. With help from the [B-Enterprising](#) team at Bangor University, Tree Sparks has gone from strength to strength, scooping up numerous awards in the process.

As a newly-minted Forestry graduate, Jemima will soon commence a year's placement on the Chatsworth Estate in Derbyshire, putting the knowledge she has gained at Bangor in areas such as conservation and land management to good use.

Jemima has high hopes for the future and sees her subject as being more a way of life than a standalone qualification. She says:

'I want to continue working in Forestry for as long as I can. I am keen to become a professional member of the Institute of Chartered Foresters and maybe - one day! - become a fellow of the Institute but most important to me is to be able to continue with my public speaking and keep sharing my passion for trees!'

Introduction to Mark Barrow, President of Undeb Bangor

Having completed a successful term as the Vice President for Education of your Students' Union (Undeb Bangor), Mark Barrow has been elected to serve as your President of Undeb Bangor, for the upcoming academic year.

Together with the other four Sabbatical Officers, Mark will be shaping and directing the work of the Students' Union. The Sabbatical Officer team are elected by students, in a cross-campus ballot, to ensure that students are represented in every aspect of University life, including academia, and to ensure they can take part in sports, societies and volunteering.

This year, Mark plans on working closely with Disability Services in promoting the various aspects of the service, such as through increasing awareness amongst the student body through promotional videos, and the creation of various graphics.

Mark will also be working with Disability Services to ensure that students are adequately supported throughout the year. Undeb Bangor have numerous provisions in place to assist with this, such as Destresstival, a campaign that provides students with activities that encourage them to 'take a break', and [Big White Wall](#), an online service that provides anonymous, 24/7 support for all Bangor University students. Undeb Bangor also have a dedicated Academic Caseworker, who is there to help and support you with any academic issues or complaints you may have.

Mark will also be working on various other campaigns this year, such as his 'No Grey Area' campaign, which attempts to raise awareness of the severity of sexual violence for students within Higher Education, and how the University now employs a [Student Equality and Diversity Officer](#), who can provide help and guidance to any victim of sexual violence.

He also plans on working closely with the [Housing](#) team, based in Student Services, to inform students that they don't need to panic into finding a house, and should instead have a thorough look around about what is on offer. He will also be taking part in 'Community Waste Visits', which consist of visiting student houses to raise awareness of what items can be recycled, and to inform students of how to manage their waste.

Mark operates an 'Open door' Policy, and encourages students to contact him at any time, either through email at mark.barrow@undebbangor.com or in person. No problem is too small for Mark, and he will do everything he can to ensure that your issue is resolved!



Mark Barrow

Introduction to Harry Riley, Vice President for Education

Harry Riley is a recent Masters in Biology student, and has been elected to serve as your Vice President for Education at Undeb Bangor.

During his four years here at Bangor, Harry was involved in a number of different activities from being a senior peer guide to being President of the Biological Society and most recently, a Campus Life Coordinator. He also started the Plastic Free Bangor campaign aiming to reduce the use of single-use plastics in Bangor.

Over the next year in office, Harry is dedicated to improving the education and wellbeing of all students at Bangor. He wants to work with the [employability team](#) to provide a larger and more comprehensive careers fair which would enhance graduate prospects for all students at Bangor.



Harry Riley

He also wants to work with learned societies across the UK, such as the Royal Society of Biology, to give students many more opportunities whilst they're studying.

Harry says "I have been elected via the student voice and therefore I am here to listen. If you ever need any help just pop in and see me, I have an open door policy. You can also contact me on harry.riley@undebbangor.com"

Course Reps

Course Reps are students who are elected by their peers to represent students' views about issues surrounding their academic experience. They attend meetings with staff in their school and college, as well as Undeb Bangor meetings, to make sure that students' voices are heard across the University.

This year we will be electing a Disabled Students' Rep into each school. The Disabled Students' Rep is there to represent all disabled students (including but not limited to those with physical impairments, enduring health conditions, mental health issues and specific learning differences). They will have personal experience of being a disabled student at Bangor and of the PLSP system, and will be aware of the facilities available to disabled students. They will communicate with disabled students on their courses to find out what the issues are and report these findings back to ensure that barriers to learning are removed. They will also signpost students to the school's disability tutor or Disability Services to look at individual strategies, as well as to useful resources, including the Big White Wall, Disability Services' website, etc.'

As a course rep you will gain lots of skills that will be great for your CV, as well having opportunities to put on events and work closely with your school. Training will also be provided for all reps, so don't worry if you feel like you don't have all the skills to be a rep just yet! If you are interested in becoming a course rep, look out for the nomination period in mid-September, visit undebbangor.com/course_reps or email coursereps@undebbangor.com!



UNITE Bangor

What is it?

UNITE Bangor is a student led support group and safe space for students on the Autistic spectrum (or awaiting diagnosis) to share ideas, share coping strategies and have discussions about challenges and difficulties experienced whilst at university.

Why did we start the group?

Creating a "safe space" where people can feel comfortable is one of the key driving forces behind starting this. In addition, ensuring students feel able to talk about difficulties they may be facing, in a non-judgemental setting among peers is seen to be extremely beneficial.

Whilst we are still in our infancy, we have big plans for the group. We have been meeting since January this year and hope to continue to grow and expand what we do over the coming year.

Who runs it?

This group is primarily student lead, with two students, Beth and Daisy acting as facilitators.

When is it?

The day and time of meetings is yet to be confirmed - but you will find posters and leaflets around the campus with details on!

What happens at meetings?

Discussions are focused upon what members raise and want to discuss, whether it through verbally speaking within a meeting or submitting via the online anonymous form or group Facebook page.

It is hoped that this informal, and comfortable space will help in increasing the feeling of unity among students at Bangor University with ASD.

Where can I find out more?

We will be around the university on Welcome Week and will hopefully be at Serendipity, and you should see posters around the campus.

Alternatively, if you have any questions or if you would like to meet us before coming to the group, please get in touch.

Contact details:

Beth - edu4a3@bangor.ac.uk Daisy - bsu925@bangor.ac.uk

Awesome Supportive Driven



Socialeyes

Socialeyes is a well-established approach to supporting autistic people's social understanding and coping strategies. It is run weekly in a small group format.

Socialeyes is an innovative approach, developed by the NAS, to facilitate social skills and social understanding with people on the autism spectrum. Socialeyes does not ask people on the autism spectrum to change 'inappropriate' social behaviour, or to acquire social skills by copying the 'typical' behaviour of others. Instead, it gives people the option of learning social interaction skills or alternative social strategies.



The Disability Advisers plan to run the Socialeyes Programme for students on the Autism Spectrum again this academic year but this depends on participant numbers. All students who have let us know they have an autism spectrum condition will receive an email with more information when it becomes available. If you are interested in attending or would like to know more, please contact email socialeyes@bangor.ac.uk

R N I B

Cymru

Golwg gwahanol
See differently

New telephone group for students!

Would you like to chat to other students who are blind or partially sighted about studying and socialising in your university or college?

My name is Arafa, I am a student in Cardiff and would like to set up a social group via skype or the telephone to meet and support other students with sight loss from all over the UK.

If you are interested please call RNIB community facilitator for Wales, Eleanor Rothwell,

Telephone: 077 0282 1915 / 02920 828 565

eleanor.rothwell@rnib.org.uk

Time to think about Work Experience?



Cyflawni drwy
Brofiad Gwaith
Achieve through
Work Experience



- Do you meet with disability related barriers, a specific learning difference eg dyslexia, dyspraxia, ADHD or have a mental health difficulty?
- Would you like help finding relevant work experience to develop your employability skills?
- Are you aged 24 or under?

If yes, then the **GO Wales** Project Advisors are here to help you.

With the support of an advisor, we work with you one to one, to explore the best options for work experience opportunities, support you along the way and help you to grow in confidence.

The placements are completely tailored to fit you, your life, studies and other commitments. They can be anything from 1 to 20 days.



Cyflawni drwy
Brofiad Gwaith
Achieve through
Work Experience



gowales@bangor.ac.uk - 01248 388159 - www.gowales.co.uk

GO Wales are located within Skills and Employability Service - 2nd Floor at Neuadd Rathbone
If you require information in another format such as large print or audio, please contact us.



Cyflawni drwy
Brofiad Gwaith
Achieve through
Work Experience



Feedback from students who have completed work placements through GO Wales

"I would recommend GO Wales to anyone who is thinking about applying, as without them I would not have been able to have gained the relevant experience I needed. I was already confident in the career path I wanted to take, but for those unsure it is possible to gain a wide range of placements".

"Go ahead and do it. Think about what you need to achieve and what kind of direction you would like to follow. Think about what kind of skills you need to develop or improve and what kind of placement would help you achieve this. You are in very good hands of the GO Wales team who will do their best to support you and help you achieve your desired direction".

"I would encourage anyone thinking of applying to go for it and be open to trying something new. You are really supported throughout the whole process and your needs and interests are really considered when it comes to finding you a placement".

"The support that I received from the Bangor GO Wales team was amazing and they really helped smooth the transition process into applying and getting onto my work placement. Also, be prepared to work hard as the placement gives you the opportunity to show employers what you have and can offer to them. Go in, work hard and want to achieve".

"If you are eligible this is one hundred percent a scheme you should get involved in. The advisors are very helpful and very skilled in getting you industry specific work experience. Without the GO wales scheme I would still be facing my barriers to employment".

Gwasanaethau Myfyrwyr

Student Services



PRIFYSGOL
BANGOR
UNIVERSITY

- Sgiliau a Chyflogadwyedd
- Cymorth Myfyrwyr
 - Tai Myfyrwyr
 - Cymorth Ariannol
 - Iechyd Myfyrwyr
 - Newid/Gadael Eich Cwrs
- Gwasanaethau Anabledd
 - Canolfan Asesu
 - Tîm Anabledd
 - Tîm Dyslecsia
 - Cynghorwyr Iechyd Meddwl
- Gwasanaeth Cynghori
- Gweinyddiaeth Myfyrwyr
- Ennyn Diddordeb Myfyrwyr

- Skills and Employability
- Student Support
 - Student Housing
 - Money Support
 - Student Health
 - Changing/Leaving Your Course
- Disability Services
 - Assessment Centre
 - Disability Team
 - Dyslexia Team
 - Mental Health Advisers
- Counselling Service
- Student Administration
- Student Engagement Unit

www.bangor.ac.uk/studentservices
gwasanaethaumyfirwyr@bangor.ac.uk
studentservices@bangor.ac.uk
01248 382024
Neuadd Rathbone
Ffordd y Coleg / College Road



Our contact details

Head of Disability Services

Carolyn Donaldson-Hughes

✉ disabilityservice@bangor.ac.uk

Dyslexia Team Manager

Jane Jones

✉ pss204@bangor.ac.uk

Senior Disability Adviser

Esther Griffiths

Disability Advisers

Ruth Coppell / Steph Horne

✉ disabilityadviser@bangor.ac.uk

Mental Health Advisers

Fiona Rickard / Cheryl Parkinson

✉ mentalhealthadviser@bangor.ac.uk

SpLD Advisers

Andrea Reynolds / Rafaela Williams

✉ dyslexiaadviser@bangor.ac.uk

Assessment Centre Manager

Dylan Griffiths

Study Needs Assessments

✉ access_centre@bangor.ac.uk

Diagnostic Assessments

✉ assessment@bangor.ac.uk

Non-Medical Help Co-ordinator

Christine Roberts

✉ supportwork@bangor.ac.uk

Administrator

Tracey Morris

✉ disabilityservice@bangor.ac.uk

Admin Assistant

Gemma Watts

✉ disabilityservice@bangor.ac.uk

☎ Gemma or Tracey on 01248 383620 / 382032 to make an appointment.

✉ disabilityservice@bangor.ac.uk

For details of services provided by Disability Services visit

<http://www.bangor.ac.uk/student-services/disability>

To make an appointment with the Counselling Service, ☎ Helen on 01248 388520 or

✉ counselling@bangor.ac.uk

If you do not wish to receive a copy of our quarterly newsletter, please email:

disabilityservice@bangor.ac.uk

Student Services -
Approved by the Matrix Accreditation Body

